UMC WINS

UM-Crookston wins National title for 2nd straight year

Christopher Walsh
Managing Editor

The University of Minnesota-Crookston hockey team completed the season with their second consecutive National title.

During the reception held last Tuesday, UMC head coach Scott Oliver, who was named head coach of the year, emphasized the importance of support. Oliver took time to pay tribute to those who contributed to the success of the team. From faculty to food service, from student to community, the support given throughout the season was greatly appreciated by Oliver and his coaching staff and the players.

MVP Sophomore Bill Trew set a season scoring record with 86 points, including those scored in the tournament. The old record was set by Jim Clauson in 1974 with 80 goals. Trew was quoted with words spoken by any true sportsman when he said, "Winning the championship was more important than my individual accomplishments."

"You have achieved an outstanding accomplishment, but there will be other accomplishments. You need to understand that you are here for an education and to get your degrees. What you've done here is great, but it is just a small part of the picture," said Oliver at the reception.

Not only did the players mesh together on the ice as a team but off the ice as well.

As UMC heads to an independent schedule, a new conference will hopefully find the season tougher to prepare them for a total school advancement into the NCAA in the future.

With UMC heading into an independent schedule next year, the success we have all experienced will unquestionably continue as will the UMC fan support.
Graduation Color Guard
Looking for Volunteers

Marie Ahrens
Guest Writer

I would first like to thank John Lambert, Brian Snobl, and Alan Melvie, who along with myself did the honor guard at last year's graduation. This honor guard is a military-type honor guard; all of those who participated last year as well as in previous years have been Guards, Reservists, or Veterans.

We are currently trying to find veterans who would like to participate in this year's graduation honor guard. All you need to do if you are interested in being part of the honor guard is to contact Marie Ahrens, Box 655, E-mail UMHA001, or John Lambert, Box 611, E-mail UJWL001.

Keep in mind that a full dress uniform Class A is required for this activity. It will also require that you be able to practice. The practices will culminate with a rehearsal Thursday, May 19, or the morning of May 20.

I would like to encourage those of you who are interested to contact either John or myself.

Upcoming Events

Friday, March 18
- Last day to add classes
- Deadline for Club Grants
- return to Bede Inf Desk

Monday, March 21
- International Dinner
- "France"
- Presented by Jerry Nagel
- Brown Dining Room
- 6:00 p.m. dinner
- 7:00 p.m. presentation

Wednesday, March 23
- Convocation
- Speaker: Dick Beardsly
- Bede Ballroom
- 10:00 a.m.

- UMC Theater Production
- "Noises Off"
- Kiehle Auditorium
- 7:00 p.m. nightly
- March 23-27

Thursday, March 24
- Campus Ministry
- Bede Hall
- 6:30 p.m.

- Play: "Noises Off"
- Kiehle, 7:00 p.m.

Friday, March 25
- Deadline for Intramural
- Volleyball--Bede Info Desk

- Play: "Noises Off"
- Kiehle, 7:00 p.m.

Monday, March 28
- Student Forum Meeting
- CC 131
- 6:00 p.m.

- International Dinner
- "Japan"
- Presented by UMC
- students from Japan
- Brown Dining Room
- 6:00 p.m. dinner
- 7:00 p.m. presentation

Tuesday, March 29
- UMC Choir Concert
- Hafslo Church

- Children's Theater
- "Robin Hood"
- Kiehle Auditorium

Student Forum News

New names, new elections, and an answer to the Coke/Pepsi situation

Mia Yliniemi
CSA Forum Report

Welcome back to UMC! I hope everyone had an enjoyable spring break. It's hard to believe we only have one quarter left before the school year is over.

Since the revised Student Association Constitution passed by an overwhelming majority in February, Student Senate will now be known as the Crookston Student Association Forum or the CSA Forum for short. So when you hear CSA Forum it is just the new name for Student Senate.

There are also changes in officer positions. Separate offices of secretary and treasurer will be installed after the election of officers on April 11. Also, there will no longer be the office of Public Relations Director, since the current office of secretary/treasurer is being separated.

If anyone is interested in being part of the CSA Forum team next year, it is time to think about running for office. Filings for CSA Forum officer and senator positions will begin Monday, March 21 and end Friday, March 25. You may pick up an application at the Bede Information Desk.

CSA Forum offices include: president, vice-president, secretary, treasurer, SSCC Representative, Regents Representative, SLAC Representative, and five senators. This is your chance to make a difference! Elections will be held April 11. To be eligible for an office you must have attended UMC for at least two quarters and have a cumulative grade point average of 2.0.

Thank you to all who participated in the Coke and Pepsi machine survey. We are aware that many students would like to have Pepsi machines on campus. Currently the CSA Forum is working with Bertha Hao to get Pepsi machines installed and also keep the Coke machines without raising the price. The reason that both products are not available on campus now is that UMC has a contract exclusively with the Coca-Cola Company.

Some additional spring quarter changes are the dates and location of CSA Forum meetings. All CSA Forum meetings are once again on Monday nights and not on Tuesdays. They are still being held at 6:00 p.m. and open CSA Forum meetings will be held in Conference Room 131. Club representatives should be aware of these changes and plan accordingly. Dates and times of open Forum meetings will continue to be posted a few days prior to the meetings.

If anyone is interested in contacting the CSA Forum for any reason, we can be reached at our new PMail address, which is CSAFORUM. Any questions, comments, and suggestions are welcome.

Hotel, Restaurant and Institutional Management Department
The HRI Spring Symposium Series

"New Technology: HRI Information at Your Finger Tips"

Tuesday, March 29, 1994
12 noon
Dowell Hall 103

Find the key that will unlock the door to a wealth of information. Quick, simple and the answers to your research problems.
UMC News

First Responder Team Certified

Brandon James
Staff Writer

I would like to extend a hearty congratulations to the UMC First Responder Team for the completion of the 44 hour training course that they took in January.

The First Responders are a team of first aid caregivers who are the first to respond to accidents and other health emergencies. These para-professionals are trained in emergency care and often make the difference between life and death for accident victims.

The New UMC First Responders are:
- Brandon James
- Matt Schwietzer
- Jamal Osman
- Dean Anderson
- Chris Tanguay
- Nathan Benesh
- Linden McNeillus
- Reed Jacobson
- Mark Hanson

The First Responders are now certified to work in this area and will be on active duty here starting April 1, if everything goes as planned.

You might also see the Responders at sports events and student activities.

Congratulations is also extended from Brandon James, Patty Hanson, Sheila McWaters, Greg Whiting, Doug Peterson and Mr. Hair EMT-P.

New access system allows UMC students to check grades with computers

The Office of the Registrar and UMC Computer Services have developed a new system that allows students to view their own academic records with their notebook computers.

Information available to students on this system includes: cumulative credits and GPA, University of Minnesota coursework and grades, and notice of any holds placed on a student's records.

Students will not be able to change anything in their files. They will only be able to view the information.

Logging on to access system is as easy as entering the UMC LAN. Typing in "LOGIN SVR1/SINFO1, SINFO2, SINFO3, SINFO 4," or "SINFO5" will lead the to the main access menu. With the five "log in" codes, the system can handle five students at one time.

Students should then choose "Selection 13" from the menu and enter their UMC student ID number or Social Security Number on the return screen.

Once the password field appears, the student should key in his or her birthdate and press ENTER. Students may change their password any time they log in to the system, and should change it the first time logging on to make sure no one else has access to viewing their file.

Questions or comments about the system should be referred to the Office of the Registrar, 281-8547.
Of Chatter, Rumors and Hearsay:
Student concerns and answers regarding tuition and the technology access fee

Dale Vatthauer
Staff Writer

On March 8, 1994, I met with Chancellor Sargeant on numerous issues that pertain speculative talk that I have heard around the campus. Hopefully this will clear things up.

When asked the question of what the Technology Fee is going to be next year, Dr. Sargeant replied, "The same, but..." (I got nervous when I heard that three-letter word) "I am trying to get IBM to give us an updated computer at a bare minimum technology fee increase, which would be no more that $250 per quarter."

The updated computers would feature the Ethernet Cards installed inside them, and they would be "super bundled" with Office, a new software package, plus an updated Windows package and Excel.

The major benefit of having the Ethernet Cards installed would be avoiding having to buy the $250 dollar card for every classroom. Dr. Sargeant said he would like to see another ten (at least) classrooms on the network at one time.

Another comment was that the dorm rooms could be set up with the telephone-like hook-ups. This does not mean next year students could plug into their existing phone jacks, but sometime in the future (probably not the near future) new network jacks would be installed that would allow access to the network from the dorm rooms.

Another possibility is that the updated computer would have a color monitor feature. All these features sound pretty great, but (there's that notorious three-letter word again) that is a huge update for the dormitories. The Dorm computer will roughly $71,000 more to work with. Students will be able to rent the computer during the summer for $50.

Robertson Hall will not be torn down to make a new dorm. At least, not in the next three years. Getting Kiehle handicapped accessible is the number one priority right now—and improving the fine arts department in it.

"For Robertson to be torn down, another building would have to be built first—most likely another dorm. That way the campus would not be a building short," said Dr. Sargeant.

Finally Student Senate (now Student Forum) elections are coming up in a week or two. If a student really wants to improve his/her leadership skills, now is the time to get involved.

While talking to quite a few upperclassmen, we have all come to a general conclusion: there is very little active involvement from the freshmen class this year.

Returning freshmen, now is the time to start becoming leaders! Student Forum is not a real hard job, but it does consume a little time out of your day—when attending certain committee meetings, Forum meetings, informative meetings with the administration, and, most importantly (I feel), working with the administration and faculty to get student body input. After all, this campus would not exist if there were no students. The Student Forum is like a 'fiber-optic' cable between the student body, administration and faculty. It relays communications amongst all.

Being involved in student government is a great resume builder, and it gives you a sense that you can help change or give input to a great cause. So freshmen, and other UMC students, if you want a sense of involvement, learning leadership skills or if have something that you feel should be changed on this campus or you just want to get involved, Student Senate is the place to be.

I have one more item: I would like to thank this year's Student Forum for, what I feel, is a good job. I learned a lot. I would like especially like to thank Brian Norman, Mia Yliniemi, Kelly Swanson, and Tom Donarski, since they will not be returning next year. Brian and Tom, we always got the "job done," and Kelly, you know how we did it. Thanks guys!!
What are Student Service Fees?

Brian Norman
Student Forum President

Student service fees are fees that students pay each quarter to support services and activities on the UMC campus.

By University policy these fees are mandatory for students that register for six (6) or more credits in a quarter. For the 1993-94 school year, students paid fees each quarter for the following organizations:

1. Athletics - $31.00 for partial support of varsity sports for men and women, provides free admission to all regular season home games for UMC students.

2. Health Service - $16.50 for Nurse's salary, supplies, and contract for medical consultant at Northwestern Clinic.

3. Student Activities - $5.15 for special events such as Homecoming, Sno Daze, dances, concerts, and movie specials at the Grand Theater.

4. Student Union - $4.50 for partial salary for student workers and replacement of equipment.

5. Student Forum - $2.45 for support of varsity sports for men and women, provides free admission to all regular season home games for UMC students.

6. Clubs & Organizations - $2.00 for loans and grants funded through Student Association for trips, conferences and activities.

7. Intramural Sports - $2.00 for awards, officials and equipment.

8. Concerts & Lectures - $20.00 for campus speakers, Crookston Artist Series, Community Theater tickets, and special tickets to UND Chester Fritz programs.

9. Children's Center - $1.00 for parents' educational programs, activities and support programs.

10. Cheerleaders - $ .75 for uniforms, supplies and travel.


12. 4th Estate Newspaper - $ .40 for publication costs.

13. Yearbook - $3.00 once a year for publication costs.

Every spring these organizations have to reapply for their funding through the Student Service Fees Committee. This committee has a student majority membership and has to review each application and forward recommendations to the Chancellor for the next year's fees.

Then the Chancellor will set a final recommended fee, which will be forwarded to the University President for submission to the Board of Regents for information and action.

The Student Service Fees totaled $68.40 per quarter for the 1993-94 school year. On the Minneapolis campus students pay $133.00 per quarter, Duluth students pay $88.75 per quarter and Morris students pay $114.00 per quarter. As you can see, costs have been held quite reasonable here, and the Fees Committee will continue to do so in the future.

If you have any questions contact the Registrar's Office or Dale Knotek in Bede Hall.

UMC News

Blast from the past...

The Bede Hall Dining Room as it appeared in 1933. What is now the Bede Ballroom served as the "main room dining service" for the campus during the time of the Northwest School of Agriculture. Note the servers in the white dresses and headbands. During recent renovation, the original solid wood china cabinet (which had been moved to the Brown Dining Room when it was constructed in the early 80's) was refinished and returned to the east end of Bede Ballroom.

To find out more about the history of UMC, stop by the White House, just behind the Dowel Annex. Students interested in volunteering to help sort old photos or in touring the building can contact Ardis Thompson at 281-8437.

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Crookston, MN 281-2033

*Please ask your eye doctor for details.
Spring Quarter Convocation set for March 23

The Spring Quarter Convocation will be held Wednesday, March 23, at 10:00 a.m. in Bede Ballroom. The featured speaker will be Dick Beardsley.

Beardsley is the Farm and Outdoor Director for KNOX radio and is also a marathon runner.

All 10:00 a.m. classes should meet in Bede Ballroom. The UMC Singers will perform, winter quarter 4.0 students will be recognized, and the UMC athletic teams will be saluted.

Scholarship for students over 30

Students over age 30 can apply for the Orville Redenbacher Second Start Scholarship. For more information call (312) 280-7000 or write to P.O. Box 39101, Chicago, IL 60639. The deadline is May 1, 1994.

Undergraduate Research Opportunities Program looking for students

Application materials for the spring round (for projects from July 1, 1994, to June 15, 1995) of the Undergraduate Research Opportunities Program (UROP) are now available in division offices.

UROP grants offer UMC students a unique opportunity to do research under the supervision of faculty members. The UROP program also provides a cash stipend to selected students.

Copies of UROP proposals that have been funded in the past are on reserve in the library for faculty and student review.

Completed applications are due in the UMC Office of Academic Affairs, Selvig Hall, no later than Friday, March 25, 1994. Interested students should speak to their academic advisers. Questions can be addressed through the Office of Academic Affairs.

Montague's Flower Shop

Flowers and Balloons for all occasions

Buy one or more roses, get one free! Use your student discount card

114 North Main
Crookston, Minnesota
281-4419

APRIL 1, 1994

It will be a GOOD Friday if you have submitted your application for UMC returning student scholarships. Remember time is quickly passing and the scholarship dollars will soon be awarded. If you need an application contact your division office or the Admissions Office.
NACTA team looking to win second National title

Staff Writer

Congratulations to the UMC Hockey Team on earning their second consecutive national title. The success of the Hockey Team is motivating UMC’s NACTA judging teams to seek their second consecutive national title. This year’s NACTA Judging Conference will be in Wilburton, Oklahoma on April 14-16.

What is NACTA? NACTA stands for the National Association of Colleges and Teachers of Agriculture. UMC is just one of over 20 colleges in the nation that competes in contests related to agriculture. Schools from California to New York, Minnesota to Texas compete against each other for the coveted sweepstakes award. Participating schools compete in either the two-year division or four-year division and are awarded points based on how they place. The college with the most points from among the two-year and four-year colleges takes home the traveling sweepstakes trophy. In 1993, UMC brought home the Sweepstakes trophy. Any student at UMC can participate in NACTA. This year we will be competing for the last time against other two-year colleges. If you have an interest or are skilled in computers, crops, dairy judging, general livestock judging, horticulture or soils judging, check out NACTA. You don’t have to know everything about the contest to do well. If you have interest in the computer contest talk to Brian Norman or Dave Hoff, (ext. 8139). The computer contest will utilize the word processing, database, and spreadsheet skills that everyone at UMC is gaining. Chuck Habstritt (ext. 8156) coaches the crops judging team. This contest involves crop, weed, and equipment identification, agronomy, a math quiz, and a lab practical.

The dairy and general livestock teams are being coached by Lyle Westrom. These contests involve animal evaluation and oral reasons. If you have an interest, talk to Lyle (ext. 8110). The horticulture contest consists of plant identification and a lab practical. Contact Roger Wagner (ext. 8117) if you are interested in the horticulture contest.

The soils contest requires contestants to get down and dirty. Contestants determine texture, structure, horizons and other land use capabilities from five soil pits. Contact Al Melvile or Bobby Holder (ext. 8135) if interested.

If you would like to participate in any of the contests, contact one of the coaches. This trip is both fun and educational, so give it a try.

Spring into Good Health

Patty Hanson
UMC Health Nurse

Take off those caps, mittens and boots! Shed those long johns! Warm weather is on its way, and spring is almost here.

When the cold weather leaves us, most of the flu and cold viruses depart too. Now is the time to “spring” into good health. In other words, good health means taking charge of your well-being.

Good health is the key to feeling good, looking good and enjoying life to its fullest. Your attitudes and actions help make the difference between poor health and good health.

You alone are responsible for how you live and what you do! Too often, college students are so involved with academic and social concerns that they neglect their bodies. Become health smart by following a few general recommendations.

Your diet plays a key role in how you feel. Eating healthy, well-balanced meals that include food from all 4 food groups is important. To maintain proper weight, avoid overeating and meat skipping—the things college students have a tendency to do. Watch your fat calories and don’t be a junk food junky. Snacking on fruits and veggies is a far better choice. Along with eating comes drinking. Drinking alcoholic beverages can become a harmful habit. Limit your alcohol use. It can result in serious health problems, such as some kinds of cancer, liver and brain damage.

Everyone who chooses to drink alcohol should know his/her personal limit of moderation. It is also important that each person set the limit before having any alcohol. Judgment can be affected even after a small amount of alcohol. It’s also important to know a few facts about alcohol and its effects before establishing personal limits.

- Drinking on an empty stomach can have a greater effect on judgment and behavior than expected.
- Alcohol’s effects can be greater than expected when a person is feeling tired, stressed out, angry, or lonely.
- Because of differences in body composition and chemistry, females are affected more than males of equal weight after drinking the same amount of alcohol.

College life is filled with stress, and although some stress is part of daily living, too much can wear you down. Learn to relax and communicate your feelings. Don’t let them go unexpressed. Talking about your problems with a trusted friend, spouse, or relative can help you stay on track.

Spring is a time to enjoy the sunshine and warm weather. Do something enjoyable; take time for yourself. A regular exercise program benefits your body and mind. Spring into good health. It can only be a benefit for yourself.
Food Service Blues?!?! Are you kidding?

UMC Dining Services tries a whole slug of new services; Morsels celebrates first anniversary

Debbie Stumblingbear
Director, Dining Services

The UMC Dining Services Department listens to all comments and concerns. The department makes every attempt to satisfy the customer. A few changes have occurred during the 1993-94 year toward that ultimate goal.

Flexibility. Contract meal plans have taken on a new appearance. The spring quarter contracts were sold by the quarter rather than by a fixed number of meals per week. This allows students the flexibility to eat when they're hungry.

Dining Services will notify students when their accounts begin to near a low count. The low count will be fifteen (15) meals remaining. Dining services will no longer work on a "missed meal factor," but will assume every student will consume the number of meals purchased.

Presently, seventeen (17) meals per week are offered. Beginning April 4, 1994, the number of meals offered per week will be twenty-one (21).

Morsels. The gate first rose and business began April 2, 1993. Why, it seems like only yesterday. Morsels will celebrate its one-year anniversary the week of April 4-8.

Morsels will be open from 6:30 p.m. to 9:00 p.m. beginning April 4. Meal cards may be used at Morsels, but the card MUST be presented. A limited menu will be offered to students using a meal card.

Something Added. You asked for it, and we were able to expand and add a second line Monday through Friday. Monday lunch features hamburgers. Tuesday and Thursday suppers rotate a pasta, pancake, Mexican and potato bar. Friday lunch features a deli line.

The department also provides catering services to the campus community and region. One particular campus department we cater for is the Children's Center. We provide their lunch Monday through Friday during regular school sessions.

The kitchen is also transformed into a laboratory for HRI students Monday through Thursday. Fall and winter quarters the Intro to Foods class plans, prepares and serves breakfast Mondays and Wednesdays. The Quantities class does the same thing with lunches on Tuesdays and Thursdays.

Spring quarter the Restaurant Operations class plans, prepares and serves restaurant-style in CC room 122. Almost all the ingredients are supplied through Dining Services.

Have you ever wondered what's for lunch or supper and your Kiosk wasn't handy? Just pick up the phone and dial 1215 for menu information. It's all right there at the touch of a few buttons.

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Glastron - Warrior - Starcraft
Boats
Golden Hawk Canoes
Mercury - Johnson
Outboards

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The new Yamaha dealer in your area!
Formerly Boat Mart
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Shelly Flautkis
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Crookston, MN 56716
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Crookston Businesses of the Month: Happy Joe's Pizza and The Sub Shop

Rod Amiot, co-owner of Happy Joe's Pizza and The Sub Shop, both located in Crookston, and the Crookston community. He is pictured here in the front desk area of Happy Joe’s Pizza and Ice Cream Parlor, 705 East Robert St.

Tom Donarski
Ad Manager/Staff Writer

Rod Amiot has co-owned Happy Joe's Pizza for 15 years and the Sub Shop for 3 years. He has four children, three sons and one daughter. Two of the sons and the daughter are in college, and the third son is in the service.

Rod has been married for 27 years to his wife Marilyn, who manages the Sub Shop.

I recently had a chance to interview Rod. Here is our conversation.

How did you get started in business?

"It all began in 1966 when my brother, Ken, started Hamburger Heaven here in Crookston. From there, the business prospered to Grand Forks, where The Kegs opened in 1969—and it is still in business today. I was always the manager and bookkeeper for my brother, who introduced me to the restaurant business."

What makes your business so unique?

"There was some diversity in the business. We were not only in the restaurant business, but also in the sporting goods business. We sold everything from boats and motorcycles to skiing equipment and name brand clothing.

"Being in the restaurant business, I realize that there are many competitors out there. You have to have something that will draw their attention to your restaurant. I feel that I have that with the family-type atmosphere. I cater to the game room and the ice cream parlor."

Who would you define as your customer?

"Basically everyone. I guess my primary customer is actually the family. The business is geared towards the entire family with the game room and ice cream parlor. It is not intended for one specific age group. It is intended for everyone, no matter what age. It is a good place for families and friends to gather and enjoy great food and a nice atmosphere."

Where do you see your business in the future?

"With the trend in society leaning more towards the family, I see the business prospering. Any eating establishment needs to keep their customer happy, and that is what I intend to do. By using only 100% real ingredients in everything we make, the quality is definitely there. People will come back to a place they enjoy."

If you could choose another career for one day, what would it be?

"I would like to be a professional golfer. I would like to play a round of golf with Greg Norman, Jack Nicklaus, Arnold Palmer and Fuzzy Zoeller."

If you were the mayor of Crookston, what would you like to see done to promote it?

"Expand industry. This would make the community of Crookston grow and prosper. With the University of Minnesota, Crookston here, we benefit from having the college kids in our community for nine months out of the year. The University is very important to this community. If industry was expanded, this would also make a big impact on the overall economy of this city."

Who do you turn to for business advice?

"My wife, partners, and the corporate franchise office. These are all reliable sources of advice for me."

What do you do for enjoyment?

"I play golf, fish, and travel. I like to watch movies with my wife, relax, and have peaceful nights."

UMC News

UMC Fitness Center Hours
Spring Quarter 1994

Mon., Wed., Fri.
6:00 a.m.-7:30 a.m.
Monday-Friday
11:30 a.m.-1:00 p.m.
Monday-Friday
4:30 p.m.-7:30 p.m.
Saturday
2:00 p.m.-4:00 p.m.
Sunday
2:00 p.m.-4:00 p.m.
(By Student Request)
**Attitudes & Opinions**

**Letterbox**

**UMC needs more class offerings**

Our spring quarter schedule at UMC was issued the third week of January, and most students need their classes registered by the first couple days in February.

Being a freshman student with so few credits, the options were very limited. I realize we need classes available for those who are graduating this spring so they can finish out their requirements and credits. But what about those who have other demanding needs, such as living off campus or having children.

What about the times classes are offered? I realize we can’t please everyone, but I feel that there were fewer possibilities for spring compared to winter or fall.

—Barb Dreilack

**UMC needs more parking spots**

Are you fed up with the parking at UMC? Well, I am. I am tired of paying for a parking permit and still having to walk 10 miles to get to class. If we have to pay in order to park, then there should be an adequate number of spaces available.

Yes, there are a lot of good places, but they are always full. I’m sure after all the complaints have been read [UMC] will decide to make more lots. Unfortunately, they will likely charge more for permits to cover the cost. So you could say that we’re screwed both ways.

—Chad Lubinski

**UMC needs a dance club**

As a student at UMC, there is not much for students to do. I think things at UMC have to change. Things such as a laundromat or a dance club could be offered.

Many colleges already have dance clubs, UND and Moorhead State for example. Both dance clubs do really well. They play all types of music, from Country to Rap. Also, both clubs have a great light show and promotions to get students to come to their campus club.

I think UMC students need a dance club so they can meet new people and make new friends.

—Chad Flom

**Poet's Corner**

Sometimes the world’s a storm
And the storm will pass
And all will be bright and peaceful
No more tears and pain.
If you believe, look to the dawn
And see the sun rise,
Bringing forth a new day
For a blessing.

Love is like the wind.
You can’t see it, or touch it
But it’s always there.
It can lift you up
Or bring you down
And it’s sure to turn
Your world around.

—Robbie Nobles

Note: The Office of Residential Life is currently working on developing an alcohol-free dance club area. Plans are to use the lower level of McCall Hall. Interested students can volunteer to help create the dance club by contacting Melanie Abdo, the Assistant Director of Residential Life, at ext. 8533.
Of Golf and Life

Tom Donarski
Ad Manager/Staff Writer

Golf is more than little old men in plaid pants hitting a little white ball into a little hole. Over the last ten years the game of golf has become one of the most popular sports played by both men and women alike. It is not only a game, it is also a fast-growing industry with many opportunities.

The game of golf is something that can be enjoyed by the entire family. The game itself is very challenging because you do not have a team to help you complete the task. You only have yourself to rely on. It is an individual sport that is very challenging as well as rewarding.

For the novice golfer, the game is enjoyable and fun. For the more advanced golfer, it becomes not only a game of skill, but a game of mental capacities. The thrill of seeing improvement in your golf game is something that is extremely rewarding.

With the help of lessons, anyone who really wants to learn the proper way to play and enjoy golf can do so. By learning the fundamentals of the game, you will gain finesse in time.

With the day to day stresses of life, it is very necessary to find an outlet for enjoying yourself. Golf is something that fulfills this function for many people.

Being out on the golf course, experiencing the fresh air and sunshine, and playing a game that you thoroughly enjoy can help you to realize the truly important things in life.

One of the most important things that the game of golf has taught me is professionalism. Golf is a serious game to a certain degree, but it is also a game of respect. Sportsmanship is always seen in golf. The players respect each other for their own unique individual talents.

The way I see it, this is something that needs to be incorporated into everyday life, not just on the golf course. If we could all learn to respect each other for our own individual uniqueness, the world would be a much happier, peaceful place. It is sometimes funny how something that can be so enjoyable can also be so educational.

Because of my education here at the University of Minnesota, Crookston, I have been fortunate enough to be hired as Assistant Golf Professional for the Manvel Golf Course. I have had the goal of becoming a golf professional for as long as I can remember, and now my dream is becoming a reality.

A business degree is something that is required to run a golf course. After all, it is a business. Even though I have not yet completed my baccalaureate degree, I have been given an opportunity of which I am most fortunate.

I feel the need to communicate this to all UMC students because I know that each and every one of us has a goal in mind when we attend college. I have attained my goal, and I know with a little hard work and perseverance you can as well.

I would like to leave you with this thought, give golf a try. If you don't like it, nothing is lost. If you do like it, you may have just acquired something that you will enjoy the rest of your life.

What do you have to lose? Nothing. What do you have to gain? Perhaps a lifetime of enjoyment.

If you are interested in learning more about the game or would like lessons, please contact me anytime at Box 238 UMC, or (701) 772-9197.

Happy Easter from
The Fourth Estate!!
Motivation in Education
Keeping a flame in the fire

Christopher Walsh
Managing Editor

Motivation is the fuel for the fire. Without it there is no flame, and you still get burned. Is there a mechanism inside us that sets off that drive? Or are we just lucky and "born" with it? It doesn't matter. Either way, everyone is supplied with the tools for success.

The process that leads down the path to success is derived from the identification of your true reality. Understanding your own wants and needs and, later, developing small goals that are slightly higher than your potential, help you become successful. Each day that we achieve a goal—even a small one—is a successful day. Success, in my opinion, is not being on top, but simply being in control of whatever you do in life.

Surrounded by a supportive family network, a student's potential becomes unlimited. Being limitless does not provide us with a cushion, it merely opens new areas we can utilize for setting additional goals.

The University of Minnesota, Crookston's 1993 National Hockey Championship Team had a slogan that read, "No Excuse Tour." Simple and effective. A team meeting was held, inventory was taken into consideration, and reasonable goals were set. Twenty some games later came the product: the National Title.

The team's family network was also strong. Representation of fathers and uncles (not to mention mothers and aunts) created a strong sense of brotherhood. Results: Unlimited.

You've had a dream—a childhood dream perhaps—in which your life is lived as you would most want it to be. Imagine. Envision the life you want most. Is it possible to obtain that dream? It's only in your eyes, no one else's. It is your dream. Most importantly, it is your life.

When those last twenty math problems seem unimportant to you, push hard and do them anyway. When the extra credit becomes an extra headache, do it anyway. NO EXCUSES!

Vision + Persistence - Excuses = Success

To Smoke (or chew), or Not to Smoke (or chew)--That is the Question...

Doug Vaith
Staff Writer

It seems that no matter where you go, every time you turn around someone is either complaining about or defending smokers' rights. And if they are not talking about cigarettes, then it is the use of smokeless tobacco.

I am not going to take sides on either issue, but, being an ex-smoker and an ex-chewer, I can see where both sides are coming from.

Let's take a look at the smoking issue first. Smokers will say that it is their right to smoke. They will say that it is a free country and that they can do what they want. Another statement a smoker will make is, "If I want to kill myself by smoking, there is nothing anyone can do about it." All of these reasons are, to smokers, logical and right.

The non-smoker, on the other hand, would say that smokers do have the right to smoke, but that a non-smoker also has the right to breathe clean air. And why should those who don't smoke have to smell like they do? These reasons are also correct.

And what about smokeless tobacco—otherwise known as "chew"? The major gripe that I hear regarding "chewing" is that it is a disgusting habit. Some say that leaving the cans used as spittoons lying around is the most disgusting thing anyone can do.

The chewer will most likely say that as long as they are not killing anyone else or kissing somebody while they have tobacco in their mouths, then no one has anything to complain about.

Both sides have valid reasons for their opinions about the matters, but neither one of these issues is about rights. If that were the case then neither side would win the argument.

This is about common courtesy. No one is saying that you shouldn't smoke or chew, but have the common courtesy to know when it is appropriate to do it. And if you're one who doesn't smoke or chew and you don't want to be exposed to it, then try to stay away from those who do.

If that is impossible to do, then ask the person politely to quit doing it. You would be surprised how far a "please" and "thank you" will go.
Let's examine our Student Service Fees

Brandon James
Staff Writer

Wallet empty, hands in the air, and a debit on the account. Anybody think that this sounds familiar? As students at the University of Minnesota, or any college for that matter, we all have too many things running through our minds at the same time.

When it comes to money, we all start to worry about where the money is going to come from and how long it will take to get it. So we use our math knowledge and add up all of those $15.00 late charges. But how often do you think about where all that money is going.

On March 7 there was a general UMC student survey to assess the amount of money that is going to be charged for the Student Service Fee that we all pay with our tuition.

I agree that the funding should either remain the same or should be increased for the following organizations: Athletics, Health Service, Student Activities, Intramural Sports, Student Union, Concerts and Lectures, Clubs and Organizations, Publications, and of course, The Fourth Estate.

Because all UMC students have to pay the Student Service Fee, I thought it would be good if all of the students at least had the opportunity to participate in, or directly benefit from the funded organizations.

The money to Health Service, Athletics, The Fourth Estate, and Publications actually benefits all of the students equally (in some aspects, such as accessibility). These are actually services. Although UMC Athletics benefits the athletes more, all UMC students benefit because they can attend the games without charge.

The Concerts and Lectures Committee and Clubs and Organizations funding fall in this accessibility category also because it is up to the student to enroll in any club or organization, and neither the school nor the organization can turn anyone down. I firmly believe that there should be more money given to the Concerts and Lectures Committee, not only because all students are welcome to attend these activities, but also because such events actually improve everyone's educational experience here at UMC.

I think that the funding should either be reduced of dropped for: Student Senate (now Student Forum), Yearbook, Cheer Team, and the Children's Center.

I start by saying that, at most, these fees only benefit a few people at the University and not the general student body. It seems that the Student Senate is funded for these reasons: payroll for the officers, Student Senate retreats (vacations?), and the student senate jackets.

The organization that I'm part of has to raise money for our training, and must go to the student senate to ask for money. We don't yet have enough money for jackets, and I know that I would love to get paid as an officer.

As for the yearbook, I think that if people want yearbooks, they will each probably be able to pay for their own and will probably pay more for a better quality yearbook that the ones I see turned out here. We shouldn't all have to pay for the yearbook.

As for the cheer team, I don't necessarily think that there shouldn't be one, but because of the size of the cheer team here at UMC, the athletic department should be able to provide these funds.

Finally, although the Children's Center is a wonderful thing to have, I think that it is selective to whom it benefits. I don't have children--I apologize. A quick question: how many of the people that use the Children's Center for daycare are full-time students here? Only the full-time students pay the student fees that help support the program.

None of the programs here are bad, I just don't think that we all should have to pay for organizations that only benefit a few people. If all of the students pay, all of the students should benefit.

The Fourth Estate Staff

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Tom Donarski............................ Advertising Manager
Nathan Benesh............................ Staff Writer
Joan Darco.............................. Staff Writer
Amy Elsen............................... Staff Photographer
Kim Hassel.............................. Staff Writer
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Doug Vaith.............................. Staff Writer
Dale Vatthauer......................... Staff Writer--Student Concerns
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Dr. Linda Wiggins........................ Advisor

The Fourth Estate is a student-run newspaper, staffed on a volunteer basis by students at the University of Minnesota, Crookston. It serves as a source of information for the campus community as well as a voice for the students. The attitudes and opinions expressed in The Fourth Estate are not necessarily the opinions held by the administrative body of the University of Minnesota, Crookston.

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If you have any comments, questions, or suggestions about The Fourth Estate and its contents, please direct them to the Managing Editor at UMC Box 999, Crookston, MN 56716.
UMC Sports

...Trojan Hockey photos and stats

Ken Essay

Scott Gruber

Chris Turner

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8

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3 seven foot tables
video games

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Intramural Program dates
Spring Quarter Activities

Men Women Sign-up Competition Starts
Wallyball Wallyball Friday, March 25 Monday, March 28
Softball Softball Friday, April 8 Friday, April 11
Soccer Soccer Friday, April 8 Monday, April 11

Sign-up Forms for Intramural activities are available at Bede Hall Info Desk. Awards will be given to the winners in each area.

Marv Bachmeier, Director
Gymnasium - Ext. 8415 or 8422

Congratulations
Minnesota-Crookston Men's Basketball team says good-bye to MCCC.

Christopher Walsh
Managing Editor

The University of Minnesota-Crookston Men's basketball said good-bye to the Minnesota Community College Conference at the end of the 1993-94 season.

The season was plagued with injuries as several Trojans went out during the season. Freshman Clint Lake went out with a Achilles tendon after seven games but was planning to return next year.

Sophomore captain Bryan Ambuehl went out with a chronic back injury after shooting 45.5 percent from three point area. Not injured, but missing some of the season was Freshman Dan Phillips who became eligible after January first. Phillips was a transfer from North Dakota State University. As well as the injuries, UMC lost players who experienced Academic difficulty.

Yet, the Trojans were able to put out a good showing for the season. "We had fun; we were plagued by injuries but played okay," said Donovan Quam, sophomore captain.

Maurice Jackson played well in the conference after starting slow in the beginning. Teams also keyed in on Jackson this year due to his high numbers last year. Sophomore Rob Anderson saw little time but amazed head coach Gary Senske at times with his play. Adriain Jordan played all over the back court this season playing point guard, off guard, and three man.

Kris Brekken made strong improvements this year adding to the power of the big men. Brekken occasionally popped out past the perimeter and pulled up for three pointers.

Quam complimented his great season last year by yet another great season. Quam was named All-Division and was ninth in the division for rebounds with 58, eighth in scoring with 206 points, and ninth in assists with 39.

Mark Dick was second on the team with 18 three pointers and added depth to the bench as the season progressed. Freshman Andy Dumas was fast and delivered the ball well. Jeremy Engelsk was strong and a good round about player scoring high in rebounds, points, and field goal percentage.

Crookston's very own Gary Schindler lead the team in assists with 110. Schindler added three pointers every so often to help fuel the Trojans. Another great perimeter player was Jamie Beaber. Beaber had good shooting percentages all around and scored 121 points for the team.

As the Trojans leave the Community College Conference they look ahead to next years schedule with teams such as Bemidji State, University of Wisconsin-Stout, Northern State of Aberdeen, and Mid American of Kansas.

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<tr>
<th>Player</th>
<th>G</th>
<th>FG-FGA</th>
<th>FG</th>
<th>FT</th>
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<th>Ast.</th>
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All-State *

All-Division **

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(Donavon Quam and Kris Brekken celebrate the good times.)

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UMC Sports
The University of Minnesota-Crookston women's basketball team ended the season on the bottom of the Northwest Division with a record of 3-8 (.273).

The season was plagued with negative factors. Carrie Babinski was out with a damaged knee, Nicky Demarais and Lori Tehennepe came in late during the season and played only 12 of the 21 games. Head coach Janna Hjelseth also left midway interim coach John Mitchell took over the position.

Danielle Prussia led the Trojans in scoring with 316 points. Prussia was voted Honorable Mention. Tricia Swenson was voted Second team all conference, and Chrissy Nettum was voted First team All Conference.

Amy Blackmun ran the teams offense at the point, and lead the in assists with 96. Swenson, Prussia, Nettum, and Blackmun fueled the fire with essential contributions from the rest of the squad.

Although the season ended with a 3-8 record, the Trojans saw excellent play by the freshman. With the combination of new talent and a new coach, maybe the Trojans can rise higher in the standings next year.

Taking into consideration the injuries, late arrivals from other players, and the head coaching position be taken over by the interim coach, when asked about the record this year, sophomore Swenson said it best when she used the popular saying used during the season, "We got the shaft!"

The 1993-94 UMC Trojan Women's Basketball Team

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* First Team All Conference
** Second Team All Conference
*** Honorable Mention
Deep Thoughts
By Jack Handey

If you're a young Mafia gangster out on your first date, I bet it's really embarrassing if someone tries to kill you.

Anytime I see something screech across the room and latch onto someone's neck, and the guy screams and tries to get it off, I have to laugh, because what is that thing?!!

When you go for a job interview, I think a good thing to ask is if they ever press charges.

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B) "This year from Paris, we see plaid--EVERYWHERE!"
C) "Every year on April 1, 'Mother Plaid' delivers home hair care products to all good boys and girls."
D) "Can I have some Doritos?"

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Sex, Sardines, and the Theatre

Noises Off! is an outrageously funny look at the love, lies and deceit that take place behind the scenes as a group of ridiculously inept stage actors rehearse a Broadway-bound play. Just when members of this chaotic cast finally get their performances right—everything starts going wrong!

This hilariously sexy comedy promises to be an entertaining treat you're sure to love! The cast of characters includes: Amber Jorgens as Dotty/Mrs. Clackett; Nathan Benesh as Gary/Roger; Mel Abdo as Brooke/Vicki; Karla Sittig as Belinda/Flavia; Andrew Svec as Frederick/Philip; Reid Neuman as Selsdon/The Burglar; Brandon James as Lloyd; Jeremy Bartosh as Tim; and Theresa Sutton as Poppy. The director of the show is also Nathan Benesh.

This must-see production is set for March 23-27, with evening shows starting at 7:00 p.m. in Kiehle Auditorium on the University of Minnesota-Crookston campus. Tickets are $4.00 for adults and $2.00 for children under 12. Tickets are purchased at the door.

For questions or for more information, call George French at 281-8266 or Nathan Benesh at 281-8815. For disability accommodations, call the Music and Theater Department at 281-8266.

Noises Off!
A Play in Three Acts
Written by Michael Frayn
Directed by Nathan Benesh
March 23, 24, 25, 26 & 27
7:00 p.m.
Kiehle Auditorium
University of Minnesota, Crookston

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UMC-Students: $1.00 with C&L subsidy*
Children under 12: $2.00
Tickets may be purchased at the door.
*UMC need to be bought at Bede Info.

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Fish of the Month
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Nathan Benesh
Staff Writer

Siamese Fighting Fish
(Betta splendens)

The Siamese Fighting Fish, commonly called the betta (beta), belongs to a group of fishes that are particularly well-equipped to breathe atmospheric air at the surface of the water. This makes them excellent candidates for small aquariums and fish bowls.

One word of caution: a single male specimen can be kept together, fights will occur. These contests of strength seem quite acceptable in the fish’s native Thailand, where sums of money are wagered upon the outcome, but the aquarist will not be too interested in these battles.

The various color strains seen in this species, which includes red, blue, and green and white, are the result of very carefully controlled breeding programs, carried out over the years by fish keepers. The colors do not occur in nature, where their brightness would be a threat to the fish’s safety.

The betta will eat a variety of foods, including flies, mosquitoes, their larvae, and flake foods, and they will attain lengths of 2.5 to 3 inches. The betta is the perfect fish for people with very little room; and with an average price of $4.00, you can’t go wrong. I highly recommend this fish to beginners.

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Nation's computers attacked by new computer viruses

Although UMC students have not faced many problems with computer viruses this year, e-mail correspondent David Doucette <DAVID@SDG.DRA.COM> sent a list of new computer viruses that everyone should look out for.

Opra Winfrey Virus: Your 200MB hard drive suddenly shrinks to 80MB and then slowly expands back to 200MB.

AT&T Virus: Every three minutes it tells you what great service you are getting.

MCI Virus: Every three minutes it reminds you that you’re paying too much for the AT&T Virus.

Paul Revere Virus: This revolutionary virus does not horse around. It warns you of impending hard disk attack—once if by LAN, twice if by C:.

Politically Correct Virus: Never calls itself a “virus,” but instead refers to itself as an “electronic microorganism.”

Ted Turner Virus: Colorizes your monochrome monitor.

Arnold Schwarzenegger Virus: Terminates and stays resident. It’ll be back.

Government Economist Virus: Nothing works, but all your diagnostic software says everything will be fine.

Federal Bureaucrat Virus: Divides your hard disk into hundreds of little units, each of which does practically nothing, but all of which claim to be the most important part of your computer.

Adam and Eve Virus: Takes a couple of bytes out of your Apple.

Congressional Virus: The computer locks up, screen splits erratically with a message appearing on each half blaming the other side for the problem.

Airline Luggage Virus: You're in Crookston, but you’re data is in Singapore.

PBS Virus: Your programs stop every few minutes to ask for money.

Elvis Virus: Your computer gets fat, slow and lazy, then self-destructs—only to resurface at shopping malls and service stations across rural America.

Nike Virus: Just does it.

Health Care Virus: Tests your system for a day, finds nothing wrong, and sends you a bill for $4,500.00.

Oral Roberts Virus: Claims that if you don't send it a million dollars, it's programmer will take it back.

Do you know of other insidious but generally unknown computer viruses? Each issue The Fourth Estate will print the best submissions and offer a mystery prize to the staff's favorite submission. Send your submissions to "Best Computer Virus," The Fourth Estate, UMC Box 999.

Special thanks to Chee Yinemi for supplying the Fourth Estate with a copy of this article.
The members of Midnight Reign: (l. to r.) Sean Brandt, Korey Gunderson, Dani Tommerdahl, and Henry Cyr. The group plays a wide variety of music and is available for bookings.

UMC student band "reigns" supreme

Amy Elsen
Staff Writer
with assistance from Dani Tommerdahl

You may have heard of Midnight Reign within the last couple of years. It's a band that has played at UMC as well as wedding dances, high school dances, bars, and private parties. This is a band that can play classic rock, country, and, in their spare time, they write their own music.

Korey Gunderson is the group's lead singer and lead guitarist. Korey composes a lot of Midnight Reign's own music. He has been in bands since he was 14 and has some experience with playing the bass and piano. Korey hopes to make a demo in the near future to send to the more popular studios around both the Red River Valley and the United States.

Henry Cyr is the bass player, sound technician, and the background vocalist in the band. Henry started playing in bands when he was 14. He has played in a jazz band, a country band, and a couple of rock bands. When watching their shows, Henry can be heard saying, "Thank you very much," quite frequently during the show.

Sean Brandt plays the drums, sings background vocals, and has been known as "the band critic." He started playing when he was 11. Sean has played in a jazz band, a couple of rock and heavy metal bands, and a country band. During practice Sean often says, "I hate that song" or "Shot down in flames again."

Dani Tommerdahl is the band's keyboardist and helps compose originals. Besides Midnight Reign, she has also played in a jazz band. In high school she performed compositions for school concerts. Something that Dani always asks is, "Henry what song are we playing?" and then "Oh I don't know that one!"

The band Midnight Reign is open for bookings for all occasions throughout the Red River Valley. Call UMC extension 8818. "We hope to throw a couple more dances here at UMC before the year is over. So on behalf of the band Midnight Reign, we hope to see you there." (Korey Gunderson)
Short Fiction: "Hawaiian Punch, Trains and Growing Old"

Sarah Tobin
Staff Writer

He lifted the garbage bag up slowly. It was getting harder for him to do the simple things: carrying out the garbage, tinkering with the toy trains, or just helping to keep the house up. He finally believed that his old age was catching up to him.

The night before he had said, "This growing old is bad business." His wife smiled lovingly. She was the woman of his life for the past 50 years. It was a wonder for half century together.

They had 5 kids, and their kids had kids. In total there were nine children, including in-laws, and eight grandchildren. The extended family was all very close. In-laws were all loved and treated like regular members of the family. The grandchildren were like kids to the other adults. Sisters and brothers were all tightly knit in this family.

It was quite obvious to see that these two elderly people were loved very much. He asked her to make him a bowl of fruit this morning. Usually he had a lot of sweets and candy. He loved to drink Hawaiian Punch and Welch's Grape Soda. Doughnuts were the fifth food group for him.

She agreed that fruit was good for him, and gladly prepared it. He had Congestive Heart Disease (CHD), but that had been controlled by medication. Lately it had been acting up, but there was never a complaint out of him.

A few minutes had passed, and he hadn't come in yet, so she began to think that maybe something was wrong. After all, it was a normal, cold winter in the frozen northland.

She blew it off, thinking that perhaps he was just tinkering with the car. He loved to tinker with different things. His favorite hobby was his toy trains. He had trains in the basement, on his workbench, and under the tree during Christmas. Cars and tractors were also fun things for him to tinker with.

He loved the life that he had led on the farm. For a while after they were married, they lived without any running water or electricity. It was the life that he loved most; working with his hands. Hard and fulfilling work was what he cherished the most.

She too loved the hard work part of living on the farm. The times when they couldn't even afford sugar were the times when she was most creative with her recipes. Together they had gotten the first "modern" appliances. More than the hand-ringing telephone, or even indoor plumbing, electricity was the most beloved thing on the farm.

Things had changed since then: the kids had grown up. One became a nurse, like her mother, one an entrepreneur, one became an international advertising agent, one landed a successful job as a social worker, and the lone son of all the kids went on to become a famous doctor. All of the in-laws ended up just as successful, and from the looks so far, the grandkids were on their way to being just as prosperous.

But now the parents of these children were at home enjoying their retirement—living life to the fullest in what little time they had left together. It was a family full of love.

Throughout the events that would happen to the elderly lady in the next two weeks, the meaning of family would become clear. Support, communication, and most of all love, would become the source of all her strength. Strength that was so desperately needed after the day that the elderly man passed away.
It's happened—the event you had dreaded, denied, hoped wouldn't happen, but has: You're on academic probation.

Now what? How can this be? "I went to most of my classes. I finished most of my tests. I took most of my papers. I studied...some," you said. "I was sick for two weeks. I worked too much. My car broke down. I broke up with my boyfriend (or girlfriend). I partied. I don't like my major. I didn't read the book. I don't like my roommate."

The list could go on. Academic performance is affected by all kinds of issues, events and circumstances. Some appear more significant than others at first glance. But for all of us, some of the most significant events and circumstances are "going through the motion" of participating, but we really aren't.

"I don't like my roommate." "I don't like my major." "I didn't read the book." "I don't like my major." "I didn't read the book." "I don't like my roommate." These are "going through the motions" of participating, but we really aren't. What are some things that we can recall times when the whole world seemed lined up against us or when all of our old supports were gone. Most have known a feeling of thinking that one more thing couldn't possibly go wrong, and then discovering abruptly that it could and has.

It's here that if we pause and quiet our thoughts and our bodies that we can sometimes see the proverbial "light at the end of the tunnel." When there is no one left to blame, when our anger has dissipated, when our rebellion has exhausted us, when our frustration has peaked and drained us, then we can honestly assess what's not working.

If you're feeling brave, or ready for a change, or both, try asking yourself some hard questions. Some people like to write these thoughts down so that they can come back to them at another time to clarify their thoughts or mark their progress. Some find relief in putting these thoughts on paper and reducing the swirling clutter in their minds. Some people feel ready to do some planning at this point, and they don't want to lose the details or forget alternatives as they work at problem-solving.

Did I say "work"? Oh yes, problem solving, goal-setting, fence-mending all require effort and sometimes lots of it. Passively wishing things would change or waiting for magical or mythical solutions isn't likely to resolve any of your challenges. Real change means real planning, real effort and plenty of commitment.

Sometimes it means taking a hard look at how life will be if we don't change. Ouch! If you're getting uncomfortable reading this, that's okay. Squirming, wincing, a small groan, a fleeting sense of nausea, or a moment of biting your lip are all signs of being ready to begin the ascent back up to academic well-being.

The next steps get easier with time. Talk with someone. Sit down with your advisor. Find out what can be salvaged of the degree you've begun. Check on your progress, and remember to enjoy those A's, B's and C's that are on your transcript, too.

Gather up some energy, faith and determination from remembering that you have had successes in the past and you will have successes in the future. Take stock of your strengths, your supports, the friends that want you to succeed.

Get rid of problems, worries and tasks that belong to someone else. Make a list of the things that you believe may be difficult to do, and find out what kind of help exists. Locate that assistance (counselors, tutors, study helps, Campus Ministry, an AA group, whatever) and then use it!

Make it an official part of your day, your week, your life. Keep track of your progress, and pay close attention to things that still seem to be getting in your way. (These may require some extra effort.) By the time you get to this point, you're probably beginning to feel more hopeful. A few small successes can do great things for one's confidence and courage. This new feeling—the one that seems so strange and awkward, the one that's hard to name—get used to it. There is more of it where that came from when you take the challenge and fight the PROBATION BLUES!

Laurie Wilson is a counselor at the UMC Counseling and Career Center. Her office is located in Bede 119. You can contact her at extension 8557. Stop by and discuss your ascent back to academic well-being.
International Dinner Series Provides a "Taste" of Other Cultures

Joan Darco
Staff Writer

UMC's International and Multicultural Club is providing students and other community members with a chance to get a "taste" of what life is like in other parts of our world. On March 7, 14, 21, 28, and April 9, a dinner and program representing various cultures will be offered.

By the time this issue comes to print, the first two presentations will have already taken place. I have been fortunate enough to attend both those presentations, however, not fortunate enough to take part in the dinners (though I heard they were great). The March 7 program was called "Daughters of Africa." It was performed by two talented artists; Roland Wilson, who played the keyboard and the captain, and Tonia Jackson, a beautiful young woman, who as a stewardess, guided us on an imaginary plane trip through the history of the Black American woman.

With a few additional pieces of clothing, Tonia transformed from a stewardess to a number of women who played important roles in our history. Some were nameless, others were specifically depicted, such as Harriet Tubman and Rosa Parks.

Our own Jamal Osman, a freshman here at UMC, spoke at the second presentation given on March 14. This young man at the age of sixteen, left his home in Kuwait to come here and prepare himself for medical school. Jamal did an excellent job as a first time speaker, (my 3rd grade son even wanted his autograph). We were provided with a brief geographical view, some history, a video on Iraq's current political practices, and Jamal's own person experience.

Although both these presentations were entertaining, they were also educational. I think as a predominately white society, we have a tendency to be detached from other cultures—I know I am. I therefore greatly appreciated the opportunity to experience such cultural enrichment.

I hope that you will consider attending at least one presentation, if not the remaining three. It will be well worth your time.

The March 7 program was

Monday Evening International Series

UMC Conference Center
Brown Dining Room
University of Minnesota, Crookston

6:00 p.m. ethnic dinner (cost is $6.00)
7:00 p.m. performance

March 7 "Daughters of Africa": History of African American Women from slave ship survivors to stars of the silver screen. Performance by Mixed Blood Theatre Company

March 14 "Aftermath of the War in the Gulf": The ordeal was over, but the challenge began. Jamal Ahmed Osman, UMC student from Kuwait

March 21 "Transforming Traditions": Brittany, France - 1950 to Present. Dr. Virginie Demouy, Professor of French, University of North Dakota. Perry Nagel, Director, Red River Trade Corridor

March 28 "Japan: A Look Into Japan Today": Amano Yoshida, Toshikazu Higata, Tatsushi Nakashima, Hitoashi Shibuya, Masaaki Hino Evans, UMC Students from Japan

April 9 "International Dinner": Students prepare meal (cost is $7.50)

Make reservations by calling Bede Info Desk at 218-281-8586

Mixed Blood Theatre Performs "Daughters of Africa" at UMC

UMC News Release

Mixed Blood Theatre's "Daughters of Africa" was performed in UMC's Brown Dining Room on Monday, March 7, as a part of the annual International Dinner Series. A music driven, forty-five minute history of African American women, the show began a 7:00 p.m.

"Daughters of Africa" is a commemoration of the triumph of courage, determination, and pride. It celebrates, among others, Harriet Tubman, the conductor of hundreds to freedom via the Underground Railroad; Elizabeth Freeman, whose legal struggle abolished slavery in Massachusetts; and Mande C.J. Walker, America's first Black millionnaire.

Among the songs include in the show were those made famous by women such as Bessie Smith, Ma Rainey, Lena Horne, and Janet Jackson.

Written by award-winning playwright Syl Jones, "Daughters of Africa" featured Ms. Tonia Jackson, accompanied by pianist Roland Wilson. The production was directed by Warren C. Bowles.

The performance is one of six touring productions offered by Mixed Blood Theatre from its home in a century-old firehouse in Minneapolis. The others include biographical plays on Dr. Martin Luther King, Paul Robeson, and Jackie Robinson; "According to Coyote," a collection of Native American legends; "Eastern Parade: The Asian American Journey"; and "Minne-Cano," about growing up Chicano in Minnesota.

The performance was sponsored by UMC's Office of International and Multicultural Programs.
The Back Page

BIZARRO, BIZARRO

Part IV

Magnum D.S. Bizarro
Staff Longhair

After winning the jackpot, I told Mimi to pack her bags. We needed to contact the boys immediately and return to Philly. With this money I could upgrade the pretzel factory by switching to sourdough instead of standard Bavarian pretzels.

Somewhere along the continuum of Hobb's consciousness the energy shifted. It was as if the light of existence momentarily flickered, exhausting it's final breath. Even if it had been only a glimpse of change, Habib secretly knew things would no longer be the same.

His seventh chakra began to open causing an extreme sense the energy shifted.

On the plane, Mimi sat next to a psychic named Aura. Her jet-black hair was pulled back into a ponytail.

The Northern Lights rippled as the car lunged out of control. Fangs formed out of the darkness, glinting as the monkey pierced Louis's throat. Time seemed to go slower as spots of blood filled the dash. Zak watched as the car became airborne. He realized this wasn't the way he wanted to go.

Louis's head fell from his body as the car impacted with the water, shattering the windshield. Zak's head slammed into the steering wheel as the monkey became impaled on shards of the windshield.

On the plane, Mimi sat next to a psychic named Aura. Her jet-black hair was pulled back into a ponytail.

It all began with the reading of the Tarot Cards... To Be Continued...

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FOR SALE: The Agricultural Management Division has copies of Generic CADD 5 for sale at $50.00 each. CADD 5 works best on a 386 or newer IBM or compatible computer with a mouse. A color monitor is a plus.

We have upgraded to CADD 6 to eliminate some networking problems with CADD 5. CADD 6 is an excellent program for a PC since there are relatively minor differences between CADD 5 and CADD 6.

Copies may be purchased through Maria in 109 Hill Hall.

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Position OPEN: The Office of Residential Life is now accepting applications for Resident Advisors for the 1994-95 academic year. Applications can be picked up at the Office of Residential Life in McCall Hall or from the Skyberg Desk.

Questions about the positions? Call Gary Willihite at ext. 8530 or Mel Abdo at ext. 8533. Applications due March 31 by Noon at the Office of Residential Life.

HELP WANTED: Camp counselors and life guards. Enjoy you summer outdoors and make money! Must be 18 and enjoy children and horses. June 5-August 28. Contact Little Elk Ranch, Browerville, MN. (612) 504-2750.

Announcement: The Crookston Collector's Club will meet at the Golden Link on Monday, April 4, at 7:30 p.m. All students are invited to this meeting. The club meets the first Monday of each month. Collectors of sports cards, comics, coins, stamps or ANYTHING else are very welcome.

The student dues are $1.00 per year which includes meetings from September through May. The May meeting is a banquet at the Irishman Shanty (dues must be paid before that meeting in order to be eligible for prizes at the spring banquet). For more information contact Jerry Knutson (281-8260).

CLASSIFIED ADS

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